

Six Dimensions of Wellness

Physical Wellness

Completing daily tasks with energy and attentiveness while still having plenty of energy to enjoy leisure-time activities and respond to emergencies.

Intellectual Wellness

Meeting life's challenges successfully through one's ability to think coherently and logically, as well as having the ability to solve problems.

Spiritual Wellness

Having a set of values, beliefs, or principles that provide meaning and purpose to life and act as a guide to make responsible choices and decisions.

Environmental Wellness

Acknowledging the interdependence of one's wellness with that of the condition and livability of one's surroundings.

Social (Interpersonal) Wellness

Developing and maintaining interpersonal relationships and support networks that are healthy, positive, and satisfying.

Emotional Wellness

Functioning on a daily basis while having the ability to understand feelings and being able to express them constructively and appropriately.

Reference

Liguori, G., & Carroll-Cobb, S. (2014). *Questions and answers: A guide to fitness and wellness*. New York: McGraw-Hill. ISBN: 978007336926-6

Table 1.1

Examples of Qualities and Behaviors Associated with the Dimensions of Wellness

PHYSICAL	EMOTIONAL	INTELLECTUAL	INTERPERSONAL	SPIRITUAL	ENVIRONMENTAL
• Eating well	• Optimism	• Openness to new ideas	• Communication skills	• Capacity for love	• Having abundant, clean natural resources
• Exercising	• Trust	• Capacity to question	• Capacity for intimacy	• Compassion	• Maintaining sustainable development
• Avoiding harmful habits	• Self-esteem	• Ability to think critically	• Ability to establish and maintain satisfying relationships	• Forgiveness	• Recycling whenever possible
• Practicing safer sex	• Self-acceptance	• Motivation to master new skills	• Ability to cultivate a support system of friends and family	• Altruism	• Reducing pollution and waste
• Recognizing symptoms of disease	• Self-confidence	• Sense of humor		• Joy	
• Getting regular checkups	• Ability to understand and accept one's feelings	• Creativity		• Fulfillment	
• Avoiding injuries	• Ability to share feelings with others	• Curiosity		• Caring for others	
		• Lifelong learning		• Sense of meaning and purpose	
				• Sense of belonging to something greater than oneself	

Source: Fahey, T.D., Insel, P.M., Roth, W.T. (2010). *Fit and well: Core concepts and labs in physical fitness and wellness* (10th ed.). New York, NY: McGraw-Hill.